

Tajuk : UNIMAS Holds Fun Walk To Combat Obesity.

UNIMAS holds Fun Walk to combat obesity

BY DARYLL LAW

KUCHING: Universiti Malaysia Sarawak (UNIMAS) held a "Let's Move and Shake" Fun Walk yesterday.

The Fun Walk was one of the activities of the "Let's Move and Shake" campaign organised by the Department of Social Sciences and Third Year Communication Studies students.

The walk and campaign were aimed at creating health awareness among the staff and students of the university and addressing the increasing problem of obesity in Malaysia.

The 4.5km Fun Walk, which started and finished at the Student Affairs Building, took participants to the Allamanda and Bunga Raya Colleges at the university.

It was launched by Deputy Vice Chancellor of UNIMAS, Prof. Mohd. Fadzil Abdul Rahman.

"A campaign like this is important so that the staff and students of UNIMAS staff know about the seriousness of obesity.

"To be ranked first in the world with high adult obesity rate and sixth in Asia Pacific is not something Malaysia can be proud of," he said.

"You are what you eat," Mohd. Fadzil reminded the UNIMAS staff and students.

He said a healthy diet and exercises were vital for a healthy lifestyle.

Meanwhile, the Chairman of the 'Let's Move and Shake', Sim Wei Li said: "We need to combat obesity. This is why the walk is being held."

He added that obesity could trigger non contagious diseases such as diabetes, heart disease and cancer.

Registration of participants was at 6.30am.

The entrance fee was RM15 and all participants received a goodie bag each.

There was a 15-minute warming up session before the Fun Walk was flagged off at 7.30am by Mohd. Fadzil.



DEPUTY Vice Chancellor of UNIMAS, Prof. Mohd. Fadzil Abdul Rahman officiating the 'Let's Move and Shake' Fun Walk.

DEPUTY Vice Chancellor of UNIMAS, Prof. Mohd. Fadzil Abdul Rahman (second right, front) joining others in the mass aerobic exercise before going for the 'Let's Move and Shake' Fun Walk.
PHOTOS: RAMIDI SUBARI

